

Head Start Nutrition Education Bag

Iowa Department of Education's Team Nutrition Program created this nutrition education backpack for Head Start Programs in Iowa. The goal of the resource is to provide teachers resources and tools that allow for easy integration of nutrition and physical activity messages into daily classroom routine. Below is a summary of the contents of the bag and suggestions on how to use them. If you have any questions, please contact Carrie Scheidel at carrie.scheidel@iowa.gov.

Blast Off!, Be Brave, Try New Foods!, & The Five Food Groups Posters

Hang the posters at the eye level of the children. Avoid cluttering an area with too many posters, so make sure to rotate posters on a regular basis so they stay fresh.



Spriggles - Health and Nutrition & Spriggles - Activity and Exercise Books

Spriggles books weave innovative stories with imaginative illustrations and playful rhymes such as “Keep on Tryin’, Lion” and “Stay in Shape, Ape.” Incorporate the books into your classroom library and feature them during story time.



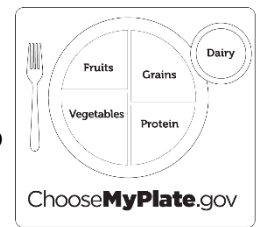
I Am Moving I am Learning CD & Lyrics

Choosy is a cool due with a message – it rocks to be healthy. That means eating right, taking care of your body and engaging in movement based activities. This CD includes a collection of songs that encourage kids to contemplate the food they eat and get up off the couch to exercise. The lyrics are enclosed for the teacher’s reference. Utilize the songs during music time, at the start of the day, for transitions, at clean-up time, or free play.



MyPlate Coloring Sheets

Have the students color in the sections of the plate using the *The Five Food Group* poster as a reference. Talk about what color represents each group and have the students share the kinds of foods that fit in each color. After completion the coloring sheet can be sent home to parents along with the information sheet printed on the back.



Raoul the Apple Puppet

Puppets are a great way to engage the attention and imagination of children of all ages. Using puppets in the Head Start is an enjoyable way to promote children's learning of new skills and concepts. Below are ways to use Raoul in the classroom:



- Transitions: Raoul can be a great tool for telling children what activity is coming next. For example, he might come out to let the children know it's time to clean up for the next activity.
- Games: Raoul can lead games with children, such as "Simon Says" and "I-Spy."
- Reading: Children can "read" a book to Raoul, using illustrations in the book to make up the story. Raoul can also read children books during story time.
- Music Time: Raoul can sing and dance during large group activities.
- Good Behavior: If rewards for good behavior are used, children that meet certain goals could have the opportunity to lead activities with Raoul on their hand.

Using puppets in child care: <https://www.extension.org/pages/67243/using-puppets-in-child-care>

Flash Card Activities

Grocery Store Grouping: Encourage children to play "grocery store" using pretend food or the Food Cards. They should go shopping for at least one choice from each food group to make a meal. In order to "check out" after they've selected their items, they must tell the "clerk" which food group each item belongs to. Grocery store "employees" can use baskets and shelves in the classroom to sort, stock, and set up food displays. Tip: Make sure any play foods in your dramatic play area reflect healthful food choices from each of the five food groups.

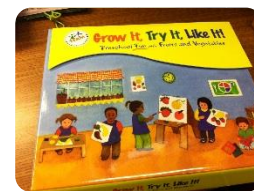


Relay Race: There are 8 foods in each food group in the card set. Divide the foods by food groups and then divide the children into 5 lines. Have each child draw a card from a food group. One food group per line. Before the race begins the teacher states the food group each line represents and the children share what type of food they are holding. For the relay they can run to a point and put their card on the floor or in a basket and run back for the next children's turn. Other activities can occur, such as hopping, walking on tip toes, marching, crab walk, etc.

Lunch Bag: Place cards in a brown paper bag and have the children draw a card out and share how they like to eat the particular food. If cheese is drawn, they may say macaroni and cheese, string cheese, cheese on a sandwich, etc. If they don't like the item or don't have any ideas, open it up to the rest of the group to answer.

Grow It, Try It, Like It! Nutrition Education Kit

Garden-themed nutrition education kit that introduces new fruits and vegetables to preschool age children. Children are encouraged to touch, smell, and taste new fruits and vegetables. The 10-15 minute activities are based at the imaginary Tasty Acres Farm. The map of the farm is a great way to chart progress through the six booklets.



- **Booklet 1:** Introduction, Teaching Guide, Garden Art and Crafts and Tool Shed Resources, Cool Puppy Pup DVD and supplemental Materials DVD (list of books, parent newsletters, etc.)
- **Booklets 2-7:** Crookneck Squash Row, Spinach Lane, Sweet Potato Hill, Cantaloupe Corner, Peach Tree Orchard, and The Strawberry Patch.